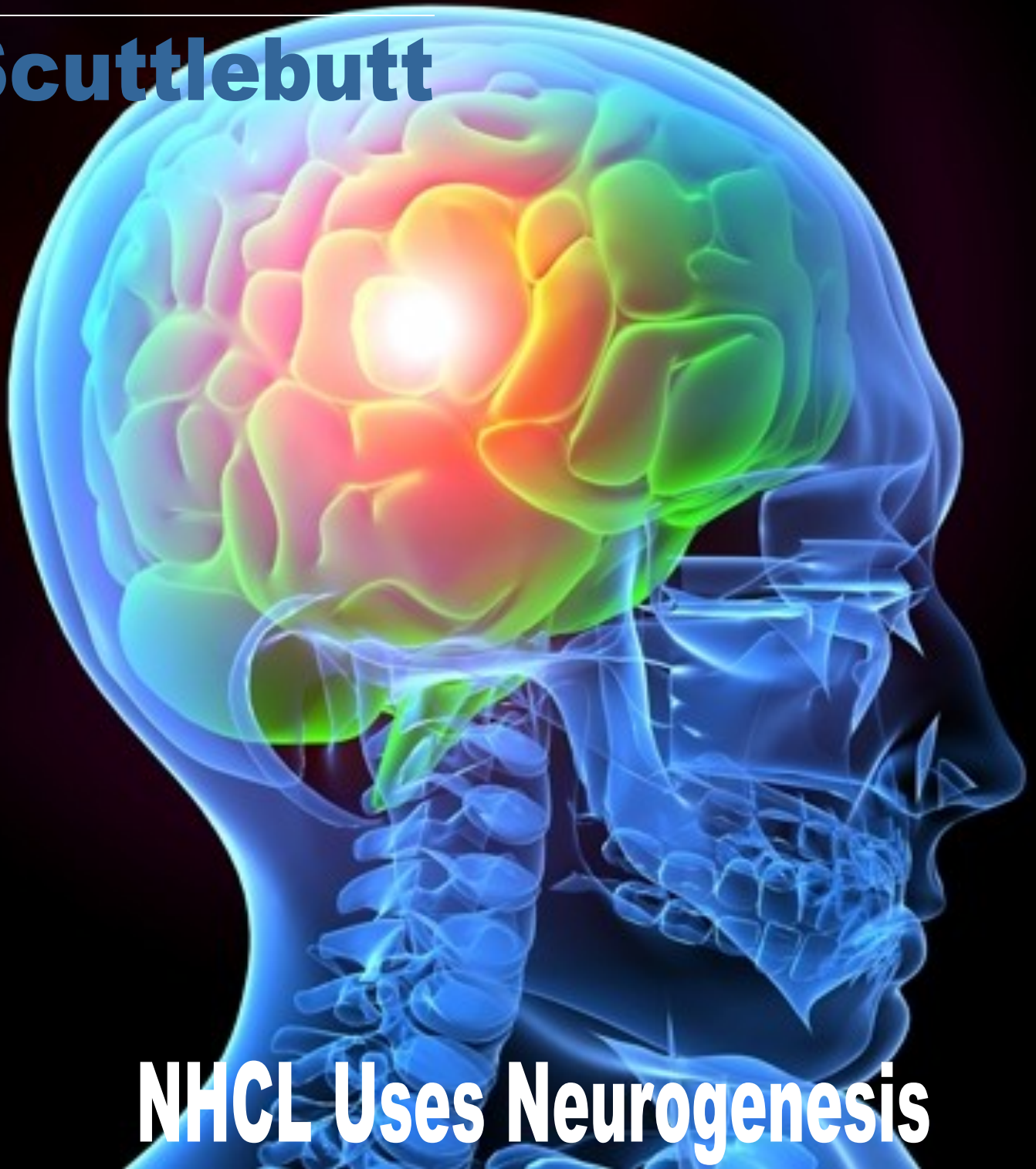


MAR 2013 VOL 3

NHCL

Naval Hospital Camp Lejeune

Scuttlebutt



NHCL Uses Neurogenesis

In Traumatic Brain Injury Recovery

Investing in Your Personal Growth



Capt. David A. Lane
Medical Corps
Commanding Officer

I look forward to contributing every other month to our *Scuttlebutt* magazine. It presents a good opportunity for me to have a conversation with a large cross section of our staff. I've previously used my corner of the *Scuttlebutt* to systematically describe central pillars of my command philosophy – quality health care, seize opportunities for success, and the purpose-driven ship, shipmate, self culture. This month I'll discuss the fourth and final pillar, "We are all 21st Century Sailors."

With all the uncertainties we are facing together, the timing couldn't be more perfect.

As I've said before, I didn't invent the 21st Century Sailor moniker. Our Secretary of the Navy did. But I have long and fully embraced the 21st Century Sailor notion of enhancing every Sailor's (military and civilian) personal readiness by providing the tools needed to face the challenges of the day. Perhaps our biggest challenge today is simply not knowing what lies ahead. For example, on the one hand, we have been trying to rally our collective enthusiasm and energy for transforming Naval Hospital Camp Lejeune into the medical center I think we should be (with some success, I might add). While on the other hand, we've had to face the potential likelihood of reducing our current tempo of our operations, through various means including possible personnel furloughs, in response to the uncertainties of the current budget cycle. In both cases, you – our people – are our most important resource and the ultimate key to our success.

Simply put, I truly believe we cannot accomplish our current mission, or take on a larger one, without investing in your personal and professional growth, your readiness, and your safety and fitness. And we will strive to continue investing in our people to the maximum extent possible, within the limits of current fiscal realities, of course. Some recent examples of investing in our people include bringing in Mr. John Foley, a former Navy Blue Angel, to discuss strategies for high performing leadership. Our Board of Directors also spent time with consultants in organizational development from the Naval Post Graduate School. Our Chiefs' Mess has embraced the CPO 365 program to elevate the game of our first class petty officers. And we've been conducting career development reviews for our officers before every promotion board to help ensure they're individually and collectively ready to have their records go before the boards.

In terms of caring for our people, I've been impressed with a number of new initiatives around the hospital that

contribute to an improved quality of life, which in turn leads to better readiness and performance. For example, our galley crew has been working with professional executive chefs and with culinary arts faculty at a nearby university, to learn to make the meals they prepare more wholesome and tasty. We've increased the availability of free health promotion classes for exercise, proper nutrition, smoking cessation, prenatal care, and more. We've added new on site yoga classes for hospital staff to help improve and sustain resiliency. (I promise myself I will eventually work them into my weekly routine.) And the chaplains in our Pastoral Care Department are more visible and more engaged and accessible than any group of chaplains I've seen anywhere in my Navy career.

Of course, I realize that for some on our staff, especially for our Federal Civil Service employees, the risk of administrative furloughs may make the 21st Century Sailor initiative seem like a hollow concept. Furloughs or not, however, we all realize that our civilian workforce, like the keel of a ship, is the structural backbone of our organization. Accordingly, we will keep faith with you in the days, weeks, and months ahead, and we humbly ask that you keep faith with us as well. Looking forward, we'll all need to work closer together than ever before, and perhaps cover for each other in new and creative ways, if we're to continue providing the quality care our beneficiaries expect and deserve. I thank everyone in the Naval Hospital Camp Lejeune family for their caring service to our patients and to each other.



www.facebook.com/nhclejeune

scut·tle·butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff and beneficiaries to get 'insider info'

Commanding Officer, NHCL

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Celebrating the Crossroads of Freedom and Equality

By Anna Hancock
Deputy Public Affairs Officer

Marking the crossroads between the 150th anniversary of the signing of the Emancipation Proclamation and the 50th anniversary of the March on Washington led by Dr. Martin Luther King, the Naval Hospital Camp Lejeune (NHCL) Diversity Committee (DC) hosted an African American/Black History Month celebration on the hospital quarterdeck Feb. 27.

Placed throughout the crowd of nearly 100 NHCL staff members and guests, poster board displays created by the committee detailed the rich history and exceptional and distinctive contributions that our African American shipmates bring to the Navy. NHCL's Commanding Officer Capt. David A Lane opened the program followed by a poetry reading by Gunnery Sgt. Lawrence E. Dean, II. Dean's emotionally-charged words, "I am Montford Point," echoed through the quarterdeck as he described the rich history behind the birth place of African American's in the Marine Corps and the challenges they overcame to become Marines.

Following Dean, Hospitalman Jessica Ridley, Materiel Management Department sang Amazing Grace then the program's guest speaker Barbara Butler took the floor to tell her story as she made history as the Navy's first female corpsman who served with the Marine Corps.

"...As I repeatedly entered the tent where several Marines were resting, trying to get them to let me look at them, they constantly looked right through me. They wouldn't let me look at them. They didn't see me as a Corpsman," explained Butler. "But I went in there every day until I changed their minds. And boy, you couldn't imagine what I saw. Broken bones, blisters, injuries... they needed me. And I healed them. Then they opened up to me and came to me for help."

The program drew near the end with a reading of Dr. Martin Luther King's "I Have A Dream" speech by NHCL's Diversity Committee members seated throughout the audience.

"The reading of 'I Have a Dream' was a nice surprise," noted Lisa Hurdle, secretary for Director of Nursing Services, Director of Clinical Support Services and Director of Healthcare Business. "The way the speakers were synchronized created a powerful experience. It was a moving program."

NHCL's Command Master Chief Edward Moreno closed the program and attendees enjoyed a cake-cutting ceremony.

For information on how to become a member of the Diversity Committee or how to help volunteer at a DC event, contact Hospital Corpsman 2nd Class Amber Smith at 450-3353.

Gunnery Sgt. Lawrence E. Dean, II engages the crowd through a poetry reading during NHCL's African American History Month celebration Feb. 27 at the quarterdeck. Dean spoke to the historical significance of nearby Montford Point, the training ground for the first African American Marines who served in the Marine Corps. Through a poem, he illustrated the challenges African Americans overcame to become Marines and serve in the Corps through times of racial adversity.



U.S. Navy photo by Hospitalman Brittany Clark

Amongst the crowd gathered to celebrate African American History Month during the program held Feb. 27, a Naval Hospital Camp Lejeune Diversity Committee member stood up to recite lines from Dr. Martin Luther King's "I Have A Dream" speech. Members were spread throughout the staff, visitors and guest attending the celebration and moved the crowd as they took turns standing up and reciting a portion of the speech until the speech was read in it's entirety.



U.S. Navy photo by Hospitalman Brittany Clark



U.S. Navy photo by Hospitalman Brittany Clark

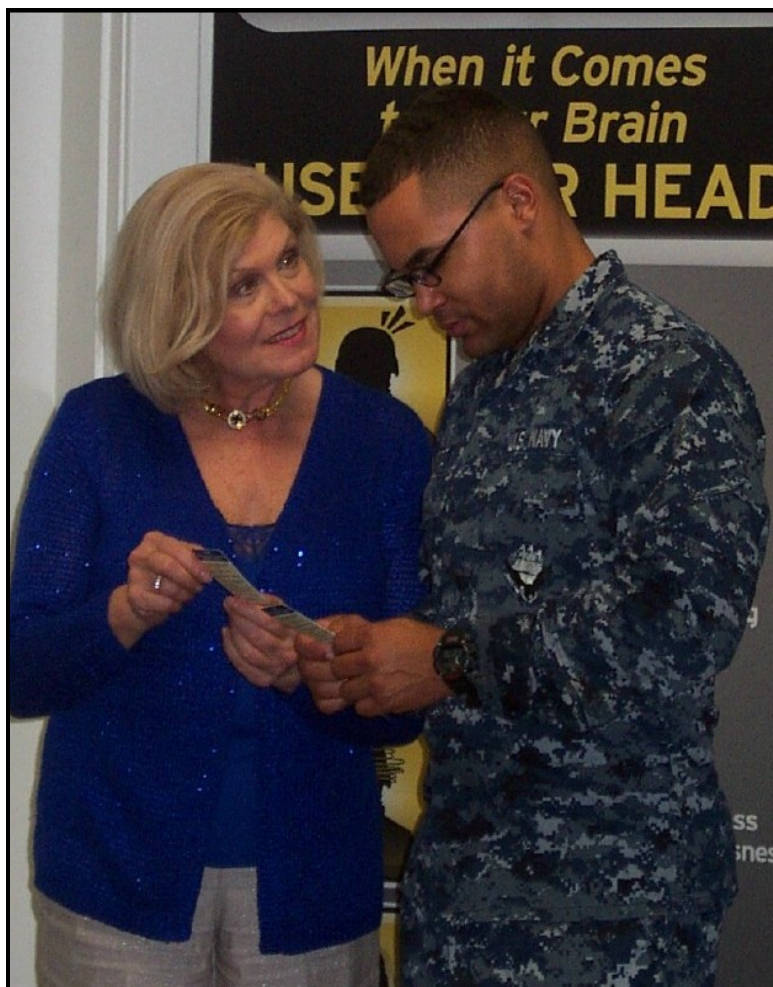
NHCL Uses Neurogenesis in

"I have TBI and PTSD and felt like I was alone with all my problems. I wasn't sure if I wanted to attend a group but my sergeant pushed me to go. I completed the two weeks and feel like a different guy. I didn't realize how shut down I was. After I got to know the other guys in the group, I saw that I wasn't alone. The group leaders helped me to learn about ways that I could get better. The therapies helped me to learn new ways to cope. I came away feeling like I could start controlling some of my symptoms instead of them controlling me! But the thing that made the most impact on me was when I learned about neurogenesis and I realized that there was hope for me."

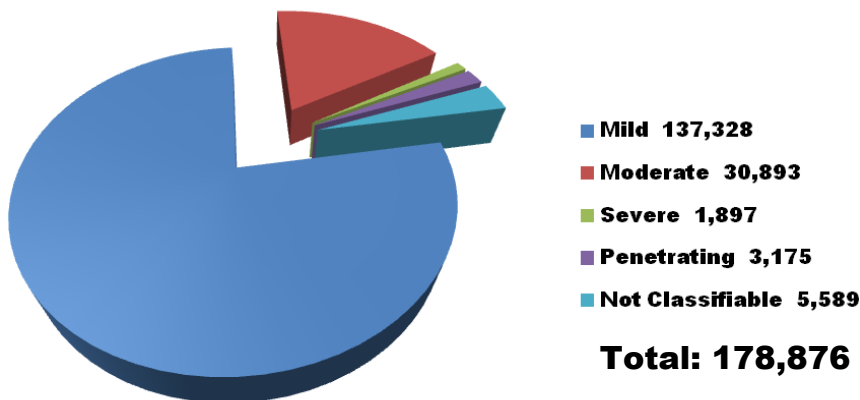
- A Naval Hospital Camp Lejeune patient's feedback after completing the Warrior Recovery After a Concussion program

Pictured right Laurel Schaefer, a Naval Hospital Camp Lejeune educator with NHCL's Warrior Recovery After A Concussion program educates a Sailor on the symptoms of a concussion.

Courtesy photo



Number of War-Related TBI's 2000 - 2010*



*Data according to the Defense Veterans Brain Injury Center website

Wounded Warrior Recovery

Five Year Anniversary for Unique TBI Group at Naval Hospital Camp Lejeune

By Deborah Waun

NHCL's DVBIC Program Manager

I have been facilitating a Traumatic Brain Injury (TBI) education and therapy group that is unique to Camp Lejeune for 5 years this year. "Warrior Recovery After a Concussion" is a 10-day, outpatient program utilizing a multidisciplinary team approach to help combat veterans by equipping them with the information, knowledge, and skills necessary to manage TBI symptoms.

Naval Hospital Camp Lejeune's (NHCL) Defense and Veterans Brain Injury Center (DVBIC) team, which includes Laurel Schaefer and I, work together and co-facilitate Warrior Recovery After a Concussion. Because of Laurel's efforts, we are able to capture every Marine and Sailor that completes NHCL's 16-week traumatic brain injury treatment program at NHCL's Marine & Sailor Concussion Recovery Center and invite him or her to attend our group.

There is an important theme we try to put forth to the group members. Hope. We want them to understand that there is hope. And the basis for that hope is neurogenesis. Neurogenesis is the birth of neurons and is the process responsible for populating the brain with neurons. For many years the scientific community thought that brain cells stopped generating by the time you reached adulthood. It was believed that the primate brain was not capable of repairing itself or growing new cells, and that no new neurons are added to the brain in maturity. But studies in the 1990s finally put research on adult neurogenesis into a mainstream pursuit. In the 1990s it was discovered that neurogenesis was taking place in the hippocampus in non-human primates and humans.

Here's the exciting news. Recently Princeton University scientists Elizabeth Gould and Charles Gross found that new neurons were formed in the lining of the cerebral ventricles (the large fluid-filled structures deep in the center of the brain), and then migrated considerable distances to various parts of the cerebral cortex. According to Gould, this proves that there are natural mechanisms in the brain that might be harnessed for therapeutic purposes to replenish damaged areas of the brain. What does all this mean? It means that brain-injured people can take an active part in helping to generate new neurons in their brain. These new connections will help improve symptoms such as memory function, concentration problems, etc. Doing simple things such as completing a maze or doing a cross-word puzzle can generate neurons needed for new brain cells. Our group is designed to capitalize on the neurogenesis research and assist service members in their recovery process with the goal to restore the service member to active duty.

Working to return the service member to active duty is only one of the MSCRC and Warrior Recovery After a Concussion group's goals. The teams work to instill knowledge of concussion, postconcussive symptoms, and treatments that are available. The programs also aim to improve communication and coping mechanisms while teaching ways to alleviate symptoms associated with TBI such as poor sleep quality, headaches, and problems with attention, memory and thinking. Ultimately, we want to empower the individual with knowledge so that they can regain control of their lives.

I enlisted over 30 providers to come and teach a module of their specialty to the group each month educating service members about traumatic brain injury. In addition, we use Complimentary Alternative Medicine (CAM) therapies such as meditation, yoga, iRest, biofeedback, cinema therapy, art, music, massage, acupuncture, and animal-assisted therapy. We also work to incorporate family members into the wounded warrior's recovery process by allowing them to take part in designated modules.

Of the 42 modules presented in the group, one offered is "Spouse Education and Relationship Issues." This is presented by a licensed professional counselor. The group member's spouses are invited to join them for an afternoon where they learn a formula for good communication and can discuss relationship issues. In many cases this is the first time that spouses hear what other spouses are experiencing and can see that they are not alone. Group members come away with a new take on the issues their spouse deals with, and spouses come away with a better understanding of TBI and the struggles it creates.

The last day always includes a review and an evaluation of the group. We receive overwhelmingly positive feedback. I have witnessed first-hand the positive changes that occur in the group members. By the end of the second week the Marines and Sailors are like different men and women. They still have many of their symptoms but now they are empowered with knowledge and equipped with an arsenal to work on their recovery. This group not only educates and provides therapy but also helps the service member to realize that they are not alone. Part of the healing process is the bonding that happens between the group members. They can share their experiences and help each other by communicating ways they have learned to cope. This group encourages resilience but the most important element it promotes is hope. There is hope for a brighter future and it is so rewarding as an educator to see the hope return to their eyes and witness an attitude change.

How fortunate I am to have the opportunity to help our service members turn their lives around.

HOSPITAL ROUNDS

Doc Selected to Present at National Symposium

Congratulations to Naval Hospital Camp Lejeune's Chiropractic Clinic physician **Dr. Michael Clay** for his outstanding work titled, "The Epidemiology of Concussion in Sport: A literature review." Clay's submission to the American Chiropractic Board of Sports Physicians was accepted for publication. Additionally it was one of the highest scoring abstracts which resulted in acceptance for podium presentation at the 2013 American Chiropractic Board of Sports Physicians (ACBSP) Sports Sciences Symposium in Colorado Springs. Bravo Zulu Dr. Clay!

NHCL Offers a New Ride



U.S. Navy photo by Hospitalman Brittany Clark

Naval Hospital Camp Lejeune procured four new patient parking lot shuttles in Feb. The shuttles have seatbelts, a heater, a radio, headlights and turn signals to provide a safer, more comfortable ride between the patient parking lots and hospital facilities. Patients who wish to use the shuttle can call 451-3079 or 450-4652 to have the shuttle meet you at your location or be available when you need it.

Got Drugs?



Operation Medicine Drop will allow you to safely and anonymously dispose your unused, unwanted and expired prescription drugs!

Operation Medicine Drop will be held on **March 23** from **10:00 a.m. to 2:00 p.m.** at **Marine Corps Air Station New River's Marine Corps Exchange.**

The service is free and anonymous. Operation Medicine Drop is sponsored by the Provost Marshals Office and Naval Hospital Camp Lejeune.

Calling all O-3 and Below Nurses



LCONS is the Leadership Sub Committee of Nursing Staff and it works in conjunction with the Executive Committee of Nursing Staff (ECONS). LCONS is made up of junior nurses (O-3 and below) and offers a "boots on the ground" perspective, providing

feedback to ECONS on policies and procedures. LCONS also spearheads nursing morale endeavors. Current agenda items include nursing recognition programs, nursing grand rounds, lunch and learns, and education fairs.

LCONS meets the first Wednesday of every month in the Directorate Suite conference room. If you are interested in being an avenue for change and increasing nursing moral, please consider joining LCONS! We need reps from Obstetrics and Gynecology, Mother Baby Unit, and Pediatrics as well as back-up reps from every floor!

7/365 7 days of recognition
365 days committed
to safe care
**PATIENT SAFETY
AWARENESS WEEK**
March 3-9, 2013

Patient Safety is everyone's business 7 days a week, 365 days a year.

Do you know how many patients did not cancel their appointment and did not show up for their appointment in January 2013?

3,126 patients

Every time you forget to cancel your appointment, you are taking an appointment from someone else who could use it. Let's work together to reduce the wait times for patients and reduce the financial loss due to missed appointments.

Please call 450-4357 (HELP) to cancel or reschedule.

Do You Have A Command Sponsor?

If you'd like to know who the sponsorship coordinator is at your future command or would like to become involved in the sponsorship program here at the naval hospital, please contact Hospital Corpsman 1st Class Carrie Campbell at **450-2288**.

Family Medicine and Pediatrics Receive NCQA Recognition

By Lt. Cmdr. Sharon House
Family Medicine Department Head

Naval Hospital Camp Lejeune's Family Medicine Clinic and Pediatrics Clinic received recognition by the National Committee for Quality Assurance (NCQA) in Dec. 2012 and Jan. 2012 by demonstrating compliance and scoring high in all "must pass" elements of the nine respective NCQA standards. NCQA standards include: enhance access and continuity; identify and manage patient populations; plan and manage care; provide self-care support and community resources; track and coordinate care; and measure and improve performance.

Included in these standards are six "must-pass" elements. To get the achievement, practices must be validated in at all six elements.

In 2011, NHCL's Family Medicine Clinic started offering Medical Home Port (MHP) to enroll patients into Primary Care. The Pediatrics Clinics soon followed having transitioned to Medical Home Port in May 2012.

The MHP model of health care delivery was mandated by the Bureau of Medicine and Surgery (BUMED) so the best possible health care could continue to be given to eligible beneficiaries in an efficient and cost effective way.

This health care delivery method was relatively new to some Navy health care providers at the time and to make sure that clinics were operating Medical Home Port, according to standards set by BUMED, a tool was selected to measure those standards. The tool selected was NCQA for Patient-Centered Medical Home.

The Medical Home Port model allows patients to see the same team of providers each time they come in for medical appointments which allows the patients and the assigned team of

providers and support staff to develop a patient-centered relationship which replaced a system where patients could be directed to any available health care provider.

The ultimate goal of the Medical Home Port is to allow continuity between patients and the assigned primary care manager (PCM) as often as possible. However, if the main provider is not available, another provider on the same team will deliver the care.

In addition to medical providers, the team of healthcare professionals is also be made up of nurses, clerks, and hospital corpsmen. Patients are given the opportunity to know everyone on the team as well as they know their provider. Many staff at the hospital, believe this method of patient care provided by the Medical Home Port teams has established a patient-centered health care environment, which provides patients with more access to primary care and allows for longer appointments and better management of the patients medical issues.

Medical Home Ports add continuity of care for patients even when the active duty providers deploy or transfer. The combination of both civilian and military team members cultivates stability for the teams and patients when military members are transferred or deployed.

In addition to assigning patients to teams at the Family Medicine Clinic and Pediatrics Clinic, NHCL offers Relay Health to all patients for an additional secure, online communications tool they can use to communicate directly with their health care team. Relay Health allows patients to request their lab results; request a medication refill; access health care information and allows them to create their own health care record to help manage their own care, all from the comfort of home. Patients can also use Relay Health to request appointments with their Medical Home Port team.

Happy 142nd Birthday, Medical Corps Officers



U.S. Navy photo by Hospitalman Matthew Heefner

By Raymond Applewhite
Public Affairs Officer

A cake-cutting ceremony was held on March 7 at Naval Hospital Camp Lejeune's quarterdeck to celebrate 142 years of doctors in the Navy.

Throughout March 2013, the Naval Hospital staff will celebrate and recognize the many contributions by Medical Corps Officers to our Navy and country, at home, abroad, under the sea and on the battlefield during the 142nd annual observance of the Medical Corps Birthday.

Medical Corps Officers have been serving an integral part of the Navy since the establishment of the Medical Corps on March 3, 1871. The Medical Corps is a staff corps, which consists of military physicians or providers as they are sometimes referred.

Naval Hospital Camp Lejeune's staff salutes approximately 100 Medical Corps Officers. They include surgeons, obstetricians, anesthesiologists, family medicine physicians, cardiologists, psychiatrists, psychologists, podiatrists, gastroenterologists, dermatologists, ophthalmologists, emergency room physicians anesthesiologists and internists.

Upholding Navy tradition, the youngest and oldest doctors at NHCL Lt. Anna Torgeson (Dr.) (left), and Lt. Cmdr. Thomas English (Dr.) (middle) cut the cake as Capt. David A. Lane (Dr.), commanding officer keeps the cake steady during the Medical Corps birthday celebration March 7 at the hospital quarterdeck.

Striking a Balance

By Anna Hancock
Deputy Public Affairs Officer

Naval Hospital Camp Lejeune's Family Readiness Group (FRG) and Camp Lejeune's Marine Corps Community Services (MCCS) hosted more than 60 Naval Hospital Camp Lejeune staff members, friends and family in a team-building bowling event Feb. 23 at Bonnyman Bowling Center. Bowlers enjoyed free pizza, soft drinks, two bowling games and shoes paid for by the FRG and MCCS. The goal was to encourage a balance between work, friendship, teamwork and personal lives.

"We provide NHCL staff and family members with free or discounted events throughout the year to promote command morale, and an atmosphere of trust where Sailors and their families feel supported and safe," explained Krystyn Case, FRG volunteer and event co-organizer. "We are here for help or information about issues they face - both deployment and non-deployment related."

The bowling event did just that. Co-workers and families laughed together as they enjoyed a friendly bowling competition while getting to know each other personally on a weekend afternoon.

For information about upcoming events or to become a volunteer, contact frgnhcl@gmail.com.



Photos courtesy of FRG members

Springtime Renewals

By Cmdr. Steven Dundas
Command Chaplain

Spring is a time of reflection and renewal. Some is religious in nature; the Jewish Passover and the Christian observance of Lent and Easter are examples. Some observances are more secular in their emphasis such as Spring festivals and St Patrick's Day. My favorite yearly religious observance happens to be Opening Day at the Church of Baseball.

In times like today with the threat of war, sequestration and political crisis, professional, work, family and financial pressures can prevent us from taking the time to renew ourselves. Political turmoil and division create events that impact our lives and livelihood as well as those that we love and serve.

The negativity of politicians, pundits and preachers from all points of the spectrum makes me want to shout like Sgt Oddball in the movie Kelley's Heroes: "Why don't you knock it off with them negative waves? Why don't you dig how beautiful it is out here? Why don't you say something righteous and hopeful for a change?" But I digress...

Unease and worry can consume us when family and friends are deployed in harm's way. We can drain ourselves if we are not careful spend as we care for our wounded warriors and others who come to us seeking healing in mind, body and spirit if we do not take the time to take care of ourselves and each other.

This is reality and there is no running away from it. Thus we need to deliberately take time for personal renewal. Whether that takes the form of religious rites or prayer, yoga or meditation, physical exercise or recreation, time alone or time with those we love it is important make the time to do them.

The Apostle Paul wrote, "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

Naval Hospital Camp Lejeune's Pastoral Care Department serves all NHCL patients, staff members and family members. When partnering with the health care staff members, the team embodies and provides compassionate and spiritual care through counseling, visitation services, devotional literature, marriage and relationship enhancement classes, grief groups, seminars and volunteer opportunities. A nondenominational Chapel is also available for all patients, family members and staff. It is located on the administrative offices hallway next to the classrooms. To contact PCD, call 450-4070 or to contact the duty chaplain, call 450-4910. The PCD is located in room N104 next to the flag display.